



SPOUSE EDUCATION & CAREER OPPORTUNITIES

Fact Sheet

Resources for Surviving Spouses

The Defense Department's Spouse Education and Career Opportunities program is here to keep you connected to the military community and reach your employment goals.

SECO tools and resources

SECO provides surviving spouses with comprehensive resources and tools to help you:

- Find education and career information and create a practical plan to get there
- Search for scholarships and other financial resources
- Write effective resumes, cover letters and job applications
- Research occupations and find a good fit for unique needs
- Search for employment with MSEP companies and organizations committed to hiring military spouses
- Take advantage of free access to assessments and training initiatives

Key program resources

The Defense Department's Spouse Education and Career Opportunities program provides free, comprehensive resources and tools to help spouses reach their career and education goals. As a surviving spouse, you can take advantage of the following resources:

- **Career Coaching.** Reach your employment goals with the assistance of a SECO career coach or advisor.
<https://myseco.militaryonesource.mil/portal/article/seco-career-coaching-services>
- **The MySECO website.** Find jobs, search for scholarships and more through this one-stop online career and education toolbox filled with valuable information, resources and interactive features.
<https://myseco.militaryonesource.mil/portal/>
- **The Military Spouse Employment Partnership.** Connect with hundreds of employers who have committed to recruit, hire, promote and retain military spouses.
<https://myseco.militaryonesource.mil/portal/article/military-spouse-employment-partnership>
- **The Spouse Ambassador Network.** Find support and networking opportunities among MSEP-affiliated organizations dedicated to raising awareness of military spouse education and employment resources.
<https://myseco.militaryonesource.mil/portal/article/military-spouse-ambassador-network>
- **MySTeP.** Connect with resources to assist with the transition back to civilian life.
<https://myseco.militaryonesource.mil/portal/mystep>

Adjusting to your new normal may take time and patience. There are no timelines or guidelines because everyone is different. When you feel ready, you can find new or old routines and activities by embracing the environment around you. For additional resources available for military spouse survivors, visit Military OneSource.

<https://www.militaryonesource.mil/casualty-assistance/survivor-support/resources/>

